

**Table 10.1: Exercise Tolerance: Specific Activity Scale Score (Percent)<sup>1,2,3</sup>**

Specific Activity Scale <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Score (approximate range in METs) <sup>6</sup>							
1 (<2)	5.6	3.4	6.8	9.0	0.5	3.7	23.0
2 (2-2.3)	5.5	4.5	5.1	9.6	2.1	3.9	17.9
3 (3-5)	20.1	19.8	18.1	26.4	16.2	23.3	19.4
4 (4.5-5.2)	11.9	9.6	13.5	14.7	10.1	12.7	14.0
5 (5-6)	33.5	34.6	35.1	25.9	41.3	31.8	21.1
6 (7-9)	23.3	28.1	21.5	14.4	29.8	24.7	4.6
Grouped score (approximate range in METs) <sup>6</sup>							
1-2 (0-2.3)	11.1	7.9	11.9	18.5	2.6	7.6	41.0
3-4 (3-5.2)	32.0	29.4	31.5	41.1	26.3	35.9	33.4
5-6 (5-9)	56.8	62.7	56.5	40.3	71.1	56.5	25.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Goldman L, Hashimoto B, Cook EF, Loscalzo A. (1981). Comparative reproducibility and validity of systems for assessing cardiovascular functional class: Advantages of a new specific activity scale. *Circulation* 64:1227-1234.

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> Scale ranges from 1 through 6, inclusive, where 1 represents the lowest and 6 the highest level of exercise tolerance. METs = metabolic equivalents.